

This workout routine, created exclusively for *Glamour* by celebrity trainer Ramona Braganza, combines strength moves with intervals of fat-blasting cardio to give you the sexy definition you want. Do it twice a week, and for the best results, do an additional 30 minutes of any cardio you like—such as jogging, jumping rope, biking or fast walking—two times a week. You'll start seeing a slimmer, firmer beach body in less than a month.

**WHAT YOU NEED:** *A pair of five- to 10-pound dumbbells, a sturdy bench or chair and one or two fluffy pillows—you can do this workout smack in the middle of your living room!*

## 1. Elevated Single-Leg Lunge With Biceps Curl

*Works your legs, butt, abs, back and arms*

**CARDIO INTERVAL:** Warm up with five minutes of cardio. Then stand three to four feet in front of a bench or chair with your back to it. Hold a dumbbell in each hand, arms by sides, palms facing forward, and lift left leg behind you and rest toes on bench. Then slowly bend right knee

and lower into a lunge as you curl weights up toward shoulders, as shown. Lower arms and return to start, leaving foot on bench; repeat. Do 10 reps, then switch legs. That's one set. Do two sets.

